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**From:** Coats, Janetta  
**Sent:** Friday, September 15, 2017 1:02 PM  
**To:** Bryan, David; Burrus, Sheila; Coats, Janetta; Collier, Deanna; Deyoe, Jeremy; Dunbar, Bill; Flores-Gregg, Paula; Ford, Jeremy; Houston, Pamela; Kerr, Michelle; Leos, Valmichael; Maynard, Katy; McKinney, Jason; Murray, Annah; Ofosu, Philip; Ohl, Matthew; Ortiz, Eduardo; Pollock, Devin; Rogers, Joan; Ropski, Carol; Sanders, LaTonya; Stevens, Jim; Stowell, Jacob; Swatts, Darriel; Tates, Samuel; Taylor, Maren; Urban, Trevor; Vaughn, Gloria; Villaneda-VanVloten, Isabel; Villarreal, Chris; Watson, Linda (R3); Wilson, Wenona; Zieba, Kyle  
**Subject:** STRESS RELIEVERS 9.15.2017

Good afternoon,

Just to share a few Stress Relievers

"Is everything as urgent as your stress would imply?"

"When you find yourself stressed, ask yourself one question: Will this matter in 5 years from now? What can I do to help others."

#### CHOOSE YOUR ATTITUDE

No one, but you, can tell you how to feel today, Don't allow someone else to influence your choice.

"When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure."

BE SAFE!

Janetta Coats  
HURRICANE HARVE COMMUNITYLIAISON LEAD

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